



# TRAILL TALES

*Catharine Parr Traill College  
Trent University*



## A message from our College Principal

Dear Traillites,

Happy Lunar New Year! For those who celebrate the lunar festival, we are now in the **Year of the Horse**. While many are aware of the Chinese zodiac and the animals of its twelve-year cycle, it might interest some to know that there are also an additional five elements (wood, fire, earth, metal, and water) that can combine with the animals. I have been told that this year we are experiencing a rare Year of the Fire Horse (the last one being in 1966 when Traill College was just over a year and a half old). Last year, we had a very successful Year of the Snake dumpling-making party in the SCR. Dumplings symbolize wealth and family and we are all the richer for being part of the Traill community.

To celebrate this year, we will be hosting a **Dumpling Making Session** making this Sunday at 3 PM in the SCR. If you are interested in participating, please sign up [here](#) (we need to make sure we have enough materials) There are only 20 spots left, so sign up now! 😊

Later, at 5 PM that day, we will be having a free **Sunday College Dinner** in Scott House 105. This is where we will be eating our dumplings and a special Chinese dinner catered by Chartwells and sponsored by Trent University Food Services. Registration for dinner is not necessary, but like always, it will be first come, first served. After dinner, feel free to stay for games and other activities.

Finally, don't forget that applications are due tomorrow for any students who are interested in working for Traill College next academic year (2026-27). Interested candidates should apply to "College Ambassadors/Interns 2026-2027" through the Student Experience Portal job board on MyTrent by February 18th at 11:59 PM.

See you this Sunday!



# Need an Appointment?

Academic Advising helps you navigate your degree and understand university regulations



Academic Skills helps you refine your skills for success at university

## Cabinet Corner

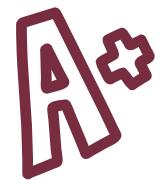


<https://www.trentu.ca/colleges/trail/belong/cabinet>

To keep up to date with the college, follow us on social media!

For the most up-to-date information on Trent University's events and news:  
<https://www.trentu.ca/news/>

# Looking to book an academic appointment?



[Academic Advising](#) and [Academic Skills](#) appointments are available Monday to Friday on the [Student Experience Portal](#).

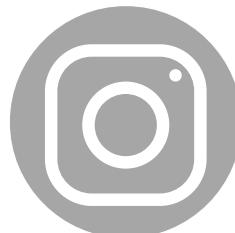
Traill College offers same-day appointments on Fridays from 9:00am - 4:00pm for both Advising and Skills. Book Advising at 705-748-1011 ex. 1488 or come to the college office to book in-person. Book Skills on the [Student Experience Portal](#). Appointments are on a first-come, first-served basis.

If you are a Graduate Student and require Academic Advising support, please reach out to [graduate@trentu.ca](mailto:graduate@trentu.ca) or your home department.

## Swag Shop



[Click here to view our swag shop and order online!](#)  
[Pick up orders and pay with cash at the College Office.](#)



[@traillcollege](#)



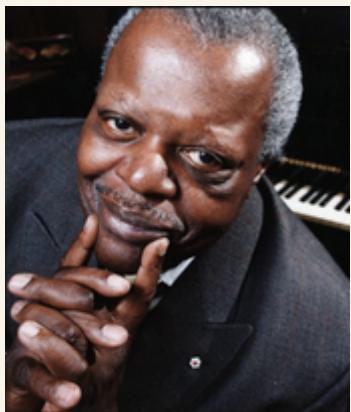
[Traill College](#)



[traillcollege](#)

# OSCAR PETERSON

*Black History Month in Canada*



**2007**



**1925**

Born in Montreal, Peterson transcended boundaries through hard work and raw talent. Practicing up to six hours a day, he became known as one of the best jazz pianists ever. Even a stroke that paralyzed his left side in 1990 failed to hold back the seven-time Grammy award winner and Companion of the Order of Canada.

# What's going on at Traill!

THE YEAR OF THE HORSE

TRAILL COLLEGE

## SUNDAY DINNER

SCOTT HOUSE 105



FEBRUARY 22ND  
5PM

WHILE SUPPLIES LAST  
FREE! NO REGISTRATION REQUIRED

ORANGE GINGER CHICKEN VEGETABLE  
FRIED RICE DONATED BY FOOD SERVICES

\*\*\*\*\*

LUNAR NEW YEAR DUMPLING MAKING PARTY

SCOTT HOUSE 104, SENIOR COMMON ROOM  
3PM

Join us at Traill College for a Lunar New Year celebration!

We will start things off with a dumpling making party at 3PM in the SCR, followed by our Sunday Dinner at 5PM.

Register [here](#) for the dumpling making party! No registration required for the Sunday Dinner.



### Traill College is **HIRING!**

ARE YOU INTERESTED IN...

- ...planning and running college events and programs?
- ...helping fellow students by connecting them with resources?
- ...designing posters and creating social media content?
- ...managing your own portfolio, with skill-building opportunities tailored to your interests?
- ...collaborating with a supportive team of professional and student staff members to foster a welcoming college community?

#### Join our 2026-27 team as a **TRAILL COLLEGE INTERN**

Apply to "College Ambassadors/Interns 2026-2027" through the Student Experience Portal by February 18<sup>th</sup> at 11:59 PM

Want to work at Traill College?

Application deadline is February 18<sup>th</sup> at 11:59 pm!

Apply now to become a Traill College Intern!

Applications can be found through "college ambassador/intern 2026/2027" in your student experience portal.

## TRAILL COLLEGE CLASS of

20



Your Signature Here! ↗

Trent University uses matriculation dates to group students into classes. This means that your class year is the year that you began your studies at Trent, rather than the year you graduate! If you matriculated into Trent and Traill in 2025, come by the Traill Library in Scott House to sign your class photo!

25

If you want to be immortalized on the walls of Traill College, come by our library in Scott House to sign this year's class photo!

A

Heart

Traill College Formal

*DON'T BE LATE,*

Heart

*SAVE THE DATE*

Follow us →

That Way

This Way

@[@traillcabinet](#)

When: March 21<sup>st</sup>, 2026

Where: Traill College  
Bagnani Hall

A

Don't Be Late, Save the Date!

Traill College Formal.

When: Saturday, March 21st, 2026

Where: Bagnani Hall, Traill College

Keep your eyes peeled for updates on our Instagram @traillcabinet

# What's going on at Traill!

## MOTIVATION MONDAYS: GRADUATE WRITERS' GROUP



Every Monday:  
**January 19 to February 23**  
 Zoom  
 10:30 to 11:30 am

**Register here**



The graduate student writing group helps to develop writers with tips to improve their writing as well as create a community of writers to encourage and celebrate achievements of writing. We will be meeting every Monday from January 19 to February 23 @ 10:30 to 11:30 am. Online via Zoom.

## Writing about Qualitative Data for Grad Students



Thursday  
**February 26**

3:00 - 4:30 pm

Online via Zoom

**Register Here**



Are you planning to include qualitative data in your research project? Then this workshop was created for you! We will discuss how to organize your analysis of qualitative data, the process of analysis, a discussion of NVivo analytic software, how to create and write about themes, the best methods to visually present your data, and how to refer to figures in your writing. We will conclude with a discussion of how to explain your findings in your thesis

## Counselling Services available at Traill College

Did you know that you can access a therapist right here at Traill?

**FREE Appointments!**

**Virtual and in-person appointment styles available!**

**Short-term mental health support for undergraduate and graduate students!**



To book an appointment, complete the online registration at the link below, then book online or call (705) 748-1386



Traill College offers short-term mental health support to all undergraduate and graduate students, free of charge! Visit [this page](#) to complete your online registration, then select "Book an appointment at Traill College" or call (705) 748-1386 to book your appointment!

## GRADUATE RESEARCH DAY: CRAFTING WORDS AND SHARING IDEAS

# POSTPONED

Wednesday, February 18th

10 AM to 4 PM



Bagnani Hall, Traill College



Graduate Research Day: Crafting Words and Sharing Ideas  
POSTPONED

Check Academic Skills and Traill College social media for updated dates and times!

# What's going on at Trent!



ACADEMIC ADVISING  
TRENT UNIVERSITY

ACADEMIC SKILLS IN THE COLLEGES

You're Invited to  
**STUDY CAFÉ**  
For Mature & Transfer Students

January 14 - March 11  
1:00 PM - 2:30 PM

LADY EATON COLLEGE PIT



REGISTER USING THE QR CODE

A circular inset image shows students sitting around tables in a study area.

Study Café is a weekly gathering for mature and transfer students who seek community as well as dedicated time and space for academic development. Attend all eight sessions or drop by when it works for your schedule.

Wednesdays 1-2:30pm in the Lady Eaton College Pit (LEC 206)  
January 14 to March 11, 2026 (excluding Reading Week)



**east vs west**  
**2026**

SATURDAY, FEBRUARY 28<sup>TH</sup>, 2026  
PETERBOROUGH MEMORIAL CENTER  
151 LANSDOWNE ST W

A black and white photograph of two ice hockey players in action on the ice.

East vs West is BACK! Traillites are officially West Bankers - come out to support West Bank in the ultimate showdown at the annual East vs. West Charity Hockey Game at the Peterborough Memorial Centre! FEB 28th, 2026. Doors open at 5pm. Faculty and alumni game at 6 and student game at 7PM. Tickets available [here](#) and proceeds will go toward Kids Against Hunger Canada.



WINTER 2026 GRADUATE  
Programs, Workshops & Events

Calling all Graduate Students!  
Join us this semester and refine your academic skills!

**Weekly Programs**  
Program runs weekly and covers various academic skills/writing topics.  
Attend one or all sessions.

**Motivation Mondays**  
Mondays from Jan 19 - Feb 23 (excl. Feb 16)  
10:30-11:30AM | Zoom

**Special Events**  
**3 Minute Thesis® (3MT) Info Session**  
Jan 19 at 7PM  
WH 226, Trail College or on Zoom

**Graduate Research Day**  
Multiple sessions on Feb 18  
10AM-4PM | Bagnani Hall, Trail College

**3 Minute Thesis® (3MT) Competition**  
Apr 9 at 7PM | Market Hall, Downtown PTBO

**Scan the QR Code for Information & Registration**  
Registration (scan QR code)  
Free Food/Snacks!

**Join our Social Media or Email us for more info!**  
  
@trentuacimalskills  
TrentUAcademicSkills  
acdskills@trentu.ca

**Monthly Workshops**  
Workshops run once this semester.  
Sign-up and attend virtually.

**Jan 29** Writing About Quantitative Data  
3-4:30PM | Zoom

**Feb 26** Writing about Qualitative Data  
3-4:30PM | Zoom

**Mar 12** Thesis Defence Survival Strategies  
3-4:30PM | Zoom

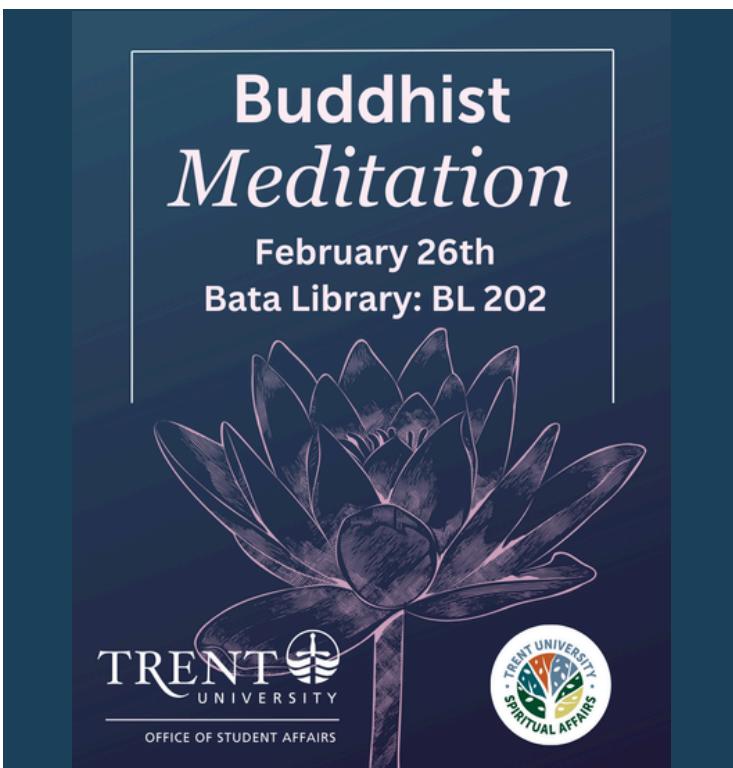
**Mar 26** Navigating Academic Publishing  
3-4:30PM | Zoom

**Scheduling Conflicts? Can't Attend?**  
Visit our website for How-to-Guides, Planning Templates, Referencing Guides, and more! [www.trentu.ca/academicskills](http://www.trentu.ca/academicskills)

Make an appointment with an Academic Skills Instructor on the Student Experience Portal! [www.trentu.ca/sep](http://www.trentu.ca/sep)

**Join the Graduate Student Writer's Group and view slide presentations!**  


Academic Skills Winter Graduate Programs, Workshops & Events! Check out the full calendar of Academic Skills programming for this 2026 winter term!



# Buddhist Meditation

February 26th  
Bata Library: BL 202

A large illustration of a pink lotus flower.

**TRENT UNIVERSITY**  
OFFICE OF STUDENT AFFAIRS

**TRENT UNIVERSITY SPIRITUAL AFFAIRS**

Join Trent Spiritual Affairs for a Buddhist meditation with members of the Buddhist Place. The event will be held on Thursday, February 26th from 3 pm-4pm in Bata Library, Room 202. Facilitators will offer some Buddhist teachings along with a guided, 30-minute meditation. Limited seating and meditation cushions will be available. This event will be capped at 15 people; beginning meditators are welcome. [REGISTER HERE](#)

# What's going on at Trent!



**INTERESTED IN MICRO-CREDENTIALS?**

Micro-credentials are open for registration for all Trent Students, Trent Employers, Alumni and Community Members.

For more information, please go to our website [www.trentu.ca/careerspace/microcredentials](http://www.trentu.ca/careerspace/microcredentials).

**TRENT UNIVERSITY** CAREERSPACE CO-OP, CAREERS & EXPERIENTIAL LEARNING



Interested in Micro-Credentials?  
Micro-Credentials are open for registration for all Trent Students, Trent Employees, Alumni, and Community Members.  
For more information, please go to our website [www.trentu.ca/careerspace/micro-credentials](http://www.trentu.ca/careerspace/micro-credentials).



**3MP**

12th Annual 3-Minute Paper Competition

7PM NOZHEM THEATRE, ENWAYAANG  
Livestream available at [trentu.ca/3mp](http://trentu.ca/3mp)

**MARCH FOURTH 2026**



Join us for the 12th annual 3-Minute Paper (3MP) Competition on Wednesday, March 4th at 7PM in Nozhem Theatre: First Peoples Performance Space, Enwayaang 101, Gzowski College. This fun competition challenges Trent undergraduates to present their complex research to a general audience in just 180 seconds. At 3MP, students rise to the challenge and demonstrate their capacity to balance complexity with clarity and concision. All are welcome to attend the competition.



## CALLING ALL TRENT STUDENTS!

**SURVEY**

Sexual Violence Prevention and Response: International and Domestic Student Perspectives

Chance to win \$50 Starbucks Gift Card!



**SCAN HERE**

For further information, please contact [elliannawilson@trentu.ca](mailto:elliannawilson@trentu.ca)

In collaboration with:

Trent Community Research Centre 



Trent students are invited to participate in a research survey exploring sexual violence prevention and response, with a focus on both domestic and international student perspectives. Your insights will help inform campus programming and support initiatives at Trent University. Participation is voluntary, confidential, and open to all Trent students. As a thank-you, participants may enter a draw to win a \$50 Starbucks gift card. Scan the QR code to learn more and take part.



## Stressed about an upcoming assignment? BOOK A LIBRARIAN



[trentu.ca/library/book-a-librarian](http://trentu.ca/library/book-a-librarian)

**TRENT UNIVERSITY LIBRARY & ARCHIVES**

Stressed about an upcoming assignment?  
Trent's librarians are here to support you! Starting with reliable sources makes writing easier and way less stressful. Book a one-on-one session to boost your research skills and learn how to use library databases more effectively. Meeting with a librarian can help you find trustworthy sources, access subject-specific databases, and build research skills that will support you throughout your degree. Book your subject librarian today!



# Student Supports

We want you to know you are supported on-campus and in the community. Every week we will rotate through groups who can support your unique self!

**This week we are highlighting: Bata Library**



Trent University Library and Archives provides several library research supports and services to help enable students navigate the world of information resources.

Through our locations on the Symons Campus in Peterborough, and at the Durham Campus in Oshawa, students have access to several services, including access to study space, in-person research support, and print resources.

In addition, students have access to online resources like e-journals and e-books and the ability to book online research consultations with a librarian.

**Wanna  
Talk  
About It?**



**Weekdays 12-3 PM  
Student Centre 3.04**

**Free. Confidential.  
We have snacks.**

Follow us on Instagram at [@peersupporttrent](https://www.instagram.com/peersupporttrent)

**PEER  
SUPPORT**



# **CAREERSPACE**

## **CAREERS & EXPERIENCES**

Careerspace is here to help you get a jump start on your career! With practical hands-on experiences, workshops, online resources, and career counseling, our services are available to students all year round!

Visit our office on the 3rd floor of the Student Centre, send us an email, call, or book an appointment on [trentu.ca/sep](http://trentu.ca/sep) and start preparing for your future. And remember, don't wait 'til you graduate, we're here to help now!

# Backwoods Baking Presents:

## Garlic Bread Pizzas

[View the Recipe Here](#)

### INGREDIENTS

- Frozen garlic bread loaf:** The thick base of the pizzas that crisps along the edge while baking, with a tender interior.
- Marinara sauce:** Acts as the pizza sauce, adding moisture and a rich tomato flavor.
- Extra-virgin olive oil:** Enhances the flavor of the sauce.
- Dried oregano:** An herby flavor that complements the pizza toppings.
- Garlic clove:** Adds a savory depth to the pizza.
- Mozzarella and fontina cheese:** For a creamy, melty cheese layer.
- Parmesan cheese:** Adds a salty, nutty flavor.
- Pepperoni:** A classic pizza topping.
- Vidalia onion:** For sweetness and a bit of texture.

RECIPE BY

Anna

Theoktisto



### INSTRUCTIONS

- Prepare garlic bread loaf
  - Separate loaf into halves and place cut side up on a parchment-lined baking sheet.
- Assemble pizzas
  - Stir together marinara, olive oil, oregano, and garlic.
  - Spoon over each bread half.
  - Combine cheeses and sprinkle over marinara.
  - Top with pepperoni and onion.
- Bake pizzas
  - Bake at 425°F until cheeses are melted and edges are golden brown.
  - Broil until cheeses begin to brown.
  - Cut each pizza in half before serving.



How to Make an  
Academic Advising  
Appointment

Featuring  
Tucker the  
Squirrel!

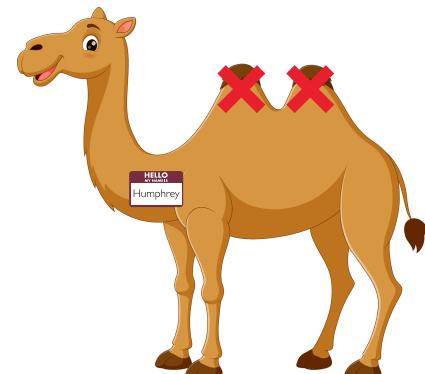


Check out our  
video on how to  
book an  
academic advising  
appointment!  
Click on Traill's  
[YouTube](#)  
channel  
to view

## Traill Mix

What do you call a camel with no  
humps?

Humphrey.



# Wellness Resources

[Click Here for More Info](#)

## Winter Stress Management

1. **Sleep Routine:** A good night's sleep can be a tremendous defense against stress
2. **Nutrition:** Eat protein at each meal and boost your fruits and veggies
3. **Bundle Up:** Staying warm affects your mood
4. **Outdoors:** One of the best things for winter wellness is to get outside
5. **Try Something New:** Start a new hobby or join a new group



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"You will face many defeats in life, but never let yourself be defeated." – Maya Angelou